



## Non Warrior Games Track and Field

Track and field is usually an outdoor event but can be held indoors if proper facility is available. Participating in track and field can be beneficial for Soldiers who have stable Upper Body, Lower Body, Back Injuries, Behavioral Health, PTSD and Traumatic Brain Injuries. Your Adaptive Reconditioning Team will screen each Soldier for participation in track and field.

**Event resourced-** some WTU posts have track and field facilities available. Track and field participant, Adaptive Reconditioning Team Member and NCO

**Equipment needed-** equipment needed depends on which specific event in track and field is being provided. Track running needs nothing more than a stopwatch and shade; field event equipment may include a shot put, discus or javelin. Throwing chairs are available for those Soldiers who cannot stand or have trouble standing. Racing wheelchairs are available for Soldiers who cannot walk/run or have trouble walking/running. Pop-up tents should be on hand if shade is not available.

**Soldier brings-** appropriate clothing, running shoes/spikes if owned, sunscreen and other track and field equipment they may own (throwing chair, racing chair, etc). Soldiers should ensure they have water on them.

**Environmental factors-** rain, thunderstorms, high winds, temperature extremes (hot and cold).

**Organize this event at-** On-post: MWR fields, track      Off-post: local high school, rec. fields  
\*Costs may be associated

**ABSOLUTE contraindications-** extreme upper or lower extremity injuries depending on specific event in track and field. No open injuries on lower extremities for racing wheelchair users. No recent surgeries. BSA Red Back and Red Lower Extremity will need to be modified.

**Modifications-** track and field can be modified in several different ways; including but not limited to using a throwing chair or racing wheelchair, lighter shotput, shorter distance events on track, lighter javelin, team relays, modifying rules and others. Your AR Team will assist the Soldier in modification.

**Associated RISKS-** there can be several risks associated with track and field programs such as falls, sprains, strains, heat exhaustion and others; however, some of these risks can be minimized by proper instruction, training, hydration, stretching, and other ways. The AR Team's assessment of Soldiers will help minimize these risks.

**Domains addressed-** physical and emotional domains will be addressed while spiritual and social may also be addressed.